



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03209, Babyfood, crackers, vegetable

Report Date: July 04, 2017 21:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cracker 0.7g
Proximates					
Water	g	2.00	--	--	0.01
Energy	kcal	477	--	--	3
Energy	kJ	1997	--	--	14
Protein	g	8.40	--	--	0.06
Total lipid (fat)	g	19.60	--	--	0.14
Ash	g	3.15	--	--	0.02
Carbohydrate, by difference	g	66.85	--	--	0.47
Fiber, total dietary	g	4.0	--	--	0.0
Sugars, total	g	13.00	--	--	0.09
Minerals					
Calcium, Ca	mg	41	--	--	0
Iron, Fe	mg	4.20	--	--	0.03
Magnesium, Mg	mg	37	--	--	0
Phosphorus, P	mg	198	--	--	1
Potassium, K	mg	245	--	--	2
Sodium, Na	mg	571	--	--	4
Zinc, Zn	mg	0.90	--	--	0.01
Copper, Cu	mg	0.130	--	--	0.001
Manganese, Mn	mg	0.770	--	--	0.005
Selenium, Se	µg	13.7	--	--	0.1
Fluoride, F	µg	0.1	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	50.5	--	--	0.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cracker 0.7g
Thiamin	mg	0.350	--	--	0.002
Riboflavin	mg	0.330	--	--	0.002
Niacin	mg	4.050	--	--	0.028
Pantothenic acid	mg	0.466	--	--	0.003
Vitamin B-6	mg	0.120	--	--	0.001
Folate, total	µg	86	--	--	1
Folic acid	µg	70	--	--	0
Folate, food	µg	16	--	--	0
Folate, DFE	µg	135	--	--	1
Choline, total	mg	10.4	--	--	0.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	179	--	--	1
Retinol	µg	0	--	--	0
Carotene, beta	µg	1760	--	--	12
Carotene, alpha	µg	739	--	--	5
Cryptoxanthin, beta	µg	27	--	--	0
Vitamin A, IU	IU	3571	--	--	25
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	65	--	--	0
Vitamin E (alpha-tocopherol)	mg	8.05	--	--	0.06
Vitamin E, added	mg	7.55	--	--	0.05
Tocopherol, beta	mg	0.04	--	--	0.00
Tocopherol, gamma	mg	0.25	--	--	0.00
Tocopherol, delta	mg	0.01	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	7.1	--	--	0.0
Lipids					
Fatty acids, total saturated	g	1.966	--	--	0.014
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cracker 0.7g
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.000
14:0	g	0.011	--	--	0.000
15:0	g	0.150	--	--	0.001
16:0	g	0.800	--	--	0.006
18:0	g	0.816	--	--	0.006
22:0	g	0.188	--	--	0.001
Fatty acids, total monounsaturated	g	15.779	--	--	0.110
16:1 undifferentiated	g	0.019	--	--	0.000
18:1 undifferentiated	g	15.579	--	--	0.109
20:1	g	0.181	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.022	--	--	0.007
18:2 undifferentiated	g	0.966	--	--	0.007
18:3 undifferentiated	g	0.056	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0